

No Regrets

COPPER KNOB
BYEPOSTETS

拍数: 32 墙数: 4 级数: Improver
编舞者: BS Sung (KOR) - October 2021
音乐: No Regrets - Vanilla Ninja



Intro : start on main vocal

*1 Tag : after wall9 (8count)

**2 Restarts: after wall2,6 (24count)

Option : wall2&6(Sec3-7&8 coster step---> Back rock recover step)

Sec. 1: Cross Rock ,Recover, side chasse, 1/4 turn rock forward, Recover, Coaster step

1 - 2 RF cross rock over LF, LF recover
3&4 RF side step,LF together RF, RF side step
5 - 6 LF 1/4turn(3:00) forward step, RF Recover
7&8 LF back ,RF togetherLF, LF forward

Sec. 2: Cross rock, Recover, Chasse, 1/4turn forward, 1/2 pivot, Recover, Chasse

1 - 2 RF Cross rock over LF, LF Recover
3&4 RF side ,LF together RF, RF side
5 - 6 LF 1/4turn forward1/2pivot right(12:00), RF Recover
7&8 LF 1/2 turn(3:00), RF together LF, LF side

Sec. 3 : RF1/4 turn, Fullturn, RF1/2turn, Back ,Back, Coster step

1 - 2 RF 1/4 turn forward left(12:00), LF full turn(12:00)
3- 4 RF step forward ,LF step 1/2 turn left(6:00)
5 - 6 RF back step, LF back step
7&8 RF back step, LF together RF, RF forward step

Sec. 4 : Jazz Box , Full turn

1 - 4 LF Cross over RF, RF 1/4 turn back, (3:00)LF side , RF together LF
5 - 8 RF side , LF1/2 turn right(9:00), RF Recover, LF 1/2 turn right(3:00)

Tag : Jazz Box × 2

RF Cross over LF , LF 1/4 turn back, RF side, LF cross over RF

Enjoy the dance